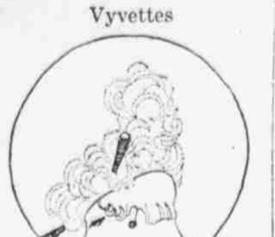


THE GIRL TO WHOM SYMPATHY IS AS THE BREATH OF LIFE

When Constantly in Demand It Becomes Almost a Vice—Few Friends Withstand the Strain

THE girl who is habitually morose is unfortunate, but her associates are doubly unfortunate if, as is so often the case, she is not content to sit tight and think over her own troubles until they evaporate, but must and will have sympathy.



A crown of soft ostrich tips that ruffle and billow like tiny waves in the breeze. The coloring is of light gray-blue and sea-green, with hat pins of deep gray, shading into orange. For the shore, of course, during the afternoon concert hour.

Sympathy is a tonic, given in judicious doses; but unfortunately it proves so pleasant to some natures that they must be constantly stimulated in this way. It is their "dope"; the habit grows.

Whenever a person is inexpressibly rude it is bound to hurt. Yet it helps a little to be philosophical and to remember that "a moral, sensible and well-bred man will not affront me, and no other can." The person who deliberately sets about to wound another's feelings is so far beneath one's consideration.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and stamped with the name of the writer. Special queries like those given in the column on the left are answered in the column on the right.

TODAY'S INQUIRIES
1. What is an effective method of banishing flies from a room?
2. How can much of the salt be drawn out of salted fish?

1. What can be substituted for face powder to remove shine from the face?
2. How can hair be made to curl tightly?

ANSWERS TO YESTERDAY'S INQUIRIES
1. If a little sand is placed in the bottom of Japanese lanterns the weight will hold them firm and there will be less danger of their catching on fire.

1. The spoon should never be allowed to remain in an ice tea glass when drinking from the glass.
2. It is a safe rule to begin with the knife farthest away from the plate and work in.

To Can String Beans
Dear Madam—Kindly advise me how to can string beans in glass jars. I do not care for the cold pack method. I tried to can them last season, but they all spoiled. Do you think they require any preservative?

1. The left hand when not in use at the table should be allowed to lie flat in the lap, although the position should not be stiffly kept during the entire meal.
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Free Primers for Housewives on Canning and Drying Food

Readers, by sending this coupon and 2-cent stamp for postage to the National Emergency Food Garden Commission, 210 Maryland Building, Washington, D. C., will receive FREE OF ANY CHARGE a primer on canning and drying vegetables and fruits. Indicate which is desired.

Name.....
Street.....
City..... State.....
E. L. Canning..... Drying.....

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

There is, perhaps, no better mental tonic than fresh air, rest and exercise. Fifteen minutes vigorous work in the open air will cure a bad case of the "blues," and the mother who feels herself depressed should make an effort to get away for a little while each day for an entire change of surroundings.

The cultivation of an optimistic spirit, in spite of sometimes almost unavoidable depression, is a duty which the mother owes to her child, as the quality of her milk is quickly affected by her own mental condition.

When a mother becomes angry her blood is poisoned, the milk also becomes poisoned. Perhaps nothing so greatly disturbs the milk as anger or excitement. For the breast glands respond almost instantly to any disturbance of the nervous system.

Whatever tends to make the mother nervous should be avoided. Books that have a depressing effect on the mind should be avoided, and only those of a cheerful and inspiring nature should be read. The conversation in the home should be on cheerful subjects.

Buttermilk as a Food
To what extent is buttermilk to be regarded as a food? Is it advisable to use it as a beverage with lunch or dinner or between meals?

Foods and Drinks for One With Poor Digestion to Avoid
Name a few foods and drinks which a person suffering from indigestion should avoid.

Bran as a Corrective
How is bran used as a corrective?
Bran should be taken uncooked with the meals. One or two tablespoons may be mixed with cereals, soups, vegetables or fruit sauce. Some people drink it in water at the beginning of meals. It may also be combined with cream and whole-wheat flour in graham and bread. It may also be used by itself as a porridge with milk or cream.

Cure for Pin Worms
What is the cure for pin worms in small children?
Enemas of salt and water are useful in the proportion of a teaspoonful of salt to a pint of water. The parts all about the anus should be kept scrupulously clean.

Lemons and Honey—Enlarged Finger Joints
What is the effect on the health of eating lemons and honey? Is there any remedy for enlarged finger joints?
Lemons and honey in moderation are entirely wholesome. A person who has enlarged finger joints should follow an antitoxic diet when the condition is acute. The throat, nose and teeth should be carefully examined and treated if there is any disease present. Trouble with the finger joints often accompanies bad throat conditions. The enlarged joints may be removed when there will be no increase of the trouble. Finger joints that have been enlarged for some time cannot be reduced.

WOMAN'S PATRIOTISM SEEN IN LEANNESS OF GARBAGE CAN



The waste from an American kitchen would feed a French family.

Waste Reduced 25 Per Cent and Collectors Have a Steadily Increasing Grouch Because of Meager Returns of Their Daily Scavenging

THE Philadelphia woman has furnished concrete proof of her determination to be a practical patriot. She has reduced her garbage waste 25 per cent. She has reduced it, too, in the line that most counts, in the richest foods, the fats. And there you have the reason for the sour countenance pulled by the garbage man.

For years and years the American woman has had it dinned into her ears that her garbage can was one of the national disgrace. For years and years the fragility of her French sister has been held up to her until she began to hate the very sound of the foreign lady's domestic virtues.

LIVING UP TO BILLY
By ELIZABETH COOPER
Dear Kate: Oh, Kate, but your letter made me happy. I just carry it round with me and take a peep at it every once in a while to make sure it is real. You say when setting alone you have been thinking and you want to go straight when you come out for Billy's sake. I understood how you feel about me giving him away and that it was a rotten trick for me to play you, but I didn't know what else to do then. And then you feel so glad to have him back and know you can see him again, that it has kinda braced you up. Now, perhaps if I had not give him away, you wouldn't have had the scare about losing him, and you wouldn't never have known how much you cared for him. Oh, Kate, I just feel it in my bones that we are going to be happy as goats when you get out.

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"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

The Girl Who Married a Man to Reform Him

THEY found her with a bullet wound in her breast that had just missed her heart. Her little girl, who had run screaming to the neighbors, had given the alarm. The dispirited husband and father, who had fired the murderous shot in a fit of drunken fury, had disappeared. After a week in the valley of the shadow of death, they finally dragged her back to life, and the realization that she was doomed to be a permanent invalid. Had it not been for the child, I am quite sure that she would have preferred that the surgeon's knife, which had extracted the bullet from her breast, had not been successful.

And yet five years before Jennie K... was one of the most lighthearted and beautiful girls I have ever known. She had made one of those ghastly mistakes that I never seem to learn from the tragedies of my own life. She had married a man to reform him.

Ben was one of the rising young lawyers of the community, a really brilliant chap, who had already won several speeches for her in his youth. But he was laboring under the handicap of a habit that even then was threatening to wreck his career. He maintained, however, before he could make a decent husband, before he could make a decent father, that he would have been a whole lot better for her to have spent her life as an old maid than to have given her name into the hands of a man who had to be reformed.

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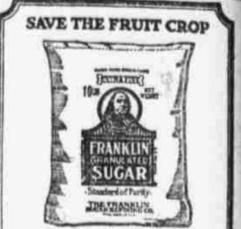
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SAVE THE FRUIT CROP
Franklin Sugar
Sold in convenient bags and cartons
Currant Jelly adds a delightful flavor to any menu.
A Franklin Sugar for every use.



An Artistic GARAGE
Need not more to build than the kind that is an eyesore. Let me furnish free plans and estimates.
City of Philadelphia, M. ATLEE H. BOLD, 704 Massachusetts Bldg., Phila., Pa.



COMPO BOARD
THE ORIGINAL AND REAL
Cheaper and Better than Lath and Plaster
Not a combination of straw board or pulp, but composed of narrow wooden strips, heavily impregnated with cement. Can be put in place by any one who can drive a nail.

Infants—Mothers
Thousands testify
Horlick's
The Original
Malted Milk
Upholds and sustains the body
No Cooking or Mill; required
Used for 1/3 of a Century
Substitutes Cost YOU Same Price.

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Advertisement for Resinol, featuring an illustration of a woman and a child, and text describing its benefits for skin conditions.

Large advertisement for Kolb's Bond Bread, featuring a large illustration of a loaf of bread and text describing its quality and ingredients.